

MOM'S SURVIVAL GUIDE



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Introduction



This book is for stay at home moms, but with a few tweaks, can also be very helpful for working moms.

Not many of us were trained in the art and joy of homemaking like our grandmothers were. Today's society frowns on the very blessed jobs that God has graciously given us to do.

Today's society would have us dress and act like men. How sad. The feminist agenda is a trap door. Its true goal is to turn women into men. Maybe not via gender mutilation, but certainly via women trying to look and act like men.

This should not be called feminism; it should be called something like masculinism.

True feminism should be the joy in, and celebration of being a woman, and of living the blessed role that our Holy Creator has set aside for us.

That is what I happily dedicate this book to; to celebrating what real feminism is – True Femininity.

This book is dedicated to all the women out there,
who really have the yearning to be the best
Christian, wife, and mother possible.

My prayer for you, is as you read this book, you
will get the skills and motivation to do your God-
given role, and receive the manifold blessings that
will come to you from it.

Chapter One: The Lies we've been Fed



A problem with a lot of today's moms, is that they don't have their priorities straight. They may not even know what the proper priorities are. This problem is partly from the feminist movement.

In today's world, most women have had their brains programmed into the feminist mind-set. They are taught such lies as:

- Housework is degrading and not meaningful
- If you do not have a career, then you are missing out on life
- Stay at home moms contribute nothing to society
- Stay at home moms are obsolete. Now you can send your children to day care and school, while the mother pursues a fulfilling career. Hire a cleaning lady, and buy pre-cooked foods to feed the family, or order take out.

Now, let's tackle each of the above deceptions, one point at a time:

Deception Number One:

“Housework is degrading and not meaningful”

The truth is, housework is fun and very fulfilling. The trick is that most women don't do it right. It is something that is no longer taught to young ladies. Yes, housework is one of the lost arts of womanhood. One of the goals of this book will be to recover that beautiful lost art.

In an up and coming chapter, this book will open up a world to you that you may have never known existed... The world of fun housework...

Deception Number Two:

“If you do not have a career, then you are missing out on life”

This lie goes under the premise that the stay at home mom has no career. However, this premise is false. “Stay at Home Mom” is a very prestigious career title.

I've heard other mothers call their stay at home title “Domestic Engineer.” I think that is quite savvy and cute. However, I think we should just call it

what it is – “The best career in the world. That of the Stay at Home Mom.” The Lord has clearly laid out our homemaking and mothering duties in the Bible. Not only is the Bible life’s instruction manual, but it is also the mother’s job-training manual. Praise the Lord for His wonderful Instructions.

We will read some of those God-inspired instructions a little later in this book.

Deception Number Three:

“Stay at home moms contribute nothing to society”

“Mothers have as powerful an influence over the welfare of future generations as all other earthly causes combined. Thus far the history of the world has been composed of the narrations of oppression and blood. War has scattered its unnumbered woes. The cry of the oppressed has unceasingly ascended to heaven. Where are we to look for the influence which shall change this scene, and fill the earth with the fruits of peace and benevolence? It is to the power of divine truth, to Christianity, as taught from a mother’s lips.”

That quote was taken from the book The Mother at Home, written by John S.C. Abbott. I consider this book a must read, as it so clearly explains and lays out the Christian mother's duties. This book also points out the utmost importance of being a mother.

In a truth, mothers may end up being the biggest contributors to society.

Deception Number Four:

"Stay at home moms are obsolete. Now you can send your children to day care and school, while the mother pursues a fulfilling career. Hire a cleaning lady, and buy pre-cooked foods to feed the family, or order take out."

If your goal is to raise children who have been brain-washed into the religion of human secularism, and you wish to severely shorten their life span, then go for it. However, if you're like most mothers, you want what's best for your family.

Is what's best, money? Certainly not. The Bible teaches us that the love of money is the root of evil. I read of a study done once, in which one of the questions posed to a very large group of women was "would you rather have your husband working in a job that makes a lot of money, but you barely get to see him? Or would you rather your husband not make much money, but you get to see him each day?"

Do you know what the dominating answer was? You got it: most women prefer to spend more time with their husbands, than to be rolling in the money.

There is a farce that says that families can no longer make it off of just one income. This farce tells us that the mother has to work, so she might as well get a career that she loves.

The career for a wife and mother is laid out in the Bible, and that career is in the home, not outside of it.

Often, a mother can leave work, and stay at home, just by the family cutting down on unneeded luxuries. Do you absolutely have to have cable, that extra cell phone, that brand new car with the hefty payments, such a big house, designer clothes, cigarettes, etc?

Often times, cutting expenses have some unexpected side effects, such as – fulfillment, improved health and vitality, happiness, etc.

What is it that makes you happy? Think on this truthfully... Do you look forward to putting the kids to bed, so that you can watch a movie and eat some chocolate? Do you yearn to “get out with the girls?” Is it ‘fun’ for you to eat, even if you’re not hungry?

My point here is this: What we consider ‘fun’ may not actually be fun. What if ‘fun’ was to see the smiles and appreciation on the faces of our husband and children when they eat a well-prepared meal in your clean and comfy home? What if true fun comes from true fulfillment?

Fun in the flesh feeds the flesh, and often hurts the spirit. Fun in fulfillment is good for body, soul, and spirit.

Fulfillment is not to be sought outside the home, but inside, in doing your God-given duties. God designed you the way you are for a reason. Did you know that a man cooking and cleaning burns more calories than a woman doing this? Do you know why this is? It is because the woman was designed by God, to be more efficient at domestic duties.

Meanwhile, it has been shown that women burn more calories, when they do strenuous work outside, while men burn less. Men were built for hard labor outside the home. Women were built for feminine labor, inside the home.

God designed your body to do the roles He has laid out for you in the Bible.

When a woman fulfills her God-given roles, she in turn is fulfilled. Fulfillment is fun.

Chapter Two: Getting our Priorities Straight



Let's do a little experiment. Take out a piece of paper and a pencil, and jot down your priorities in life. Order these priorities in a list, in which the first one in the list is the most important, and the last one in the list is least important.

How long was your list? Was it more than 5 things? If so, rearrange your priorities into just your top 5. What are they?

- Did God make the list?
- Did your husband make the list?
- What about your children?
- What about your house?
- Where did you fall into the list?

What you wrote on your list will tell you what you focus your mind on each day. For example, if your Top 5 is something like this:

1. My health and happiness
2. Clean house
3. The ??? club I'm a part of
4. Writing letters to relatives

5. Reading self improvement books

If you find that 'you' are the main topic in many of your top 5, then you may not have the proper priorities.

On the other extreme, do your priorities look somewhat like this:

1. Take care of family
2. Clean the house
3. Do volunteer work
4. Teach ladies Bible study
5. Sew cloth diapers for such and such charity

Where are you in those priorities? I agree that the above list is very noble, but I don't think each of the above should have qualified for the Top 5. I think numbers 3-5 would have been better for priorities 6-8.

The below is a list of Top 5 priorities that a lot of Christian stay at home moms use, and it is one that fits our God-given role:

Mom's Top 5 Priority List

1. God
2. Husband
3. Children
4. Food and home duties
5. Godly hobby

Priority Number One: God

The Bible says that we are to pray without ceasing. This means you should be praying, even right now. Do you keep an on-going dialogue with God? If He is not your number one priority, then it is impossible to keep an on-going dialogue with Him, isn't it?

Before we do anything, we need to ask ourselves "would this be pleasing to God?"

The Bible teaches us that when we do our work, we are to do it as if we were doing it for God Himself. If God is your number one priority, then you can more easily remember that.

With God as our top priority, we also remember to spend time with Him each day. I suggest you read the Bible and pray in the mornings before you get out of bed, during quiet time in the afternoons, and at night before you turn out the lights to go to sleep.

Three good infusions of God's Word each day will feed your spirit. You have three meals a day for your body, but do you have three or more spiritual meals a day to feed your spirit?

God needs to be your first priority.

Priority Number Two: Husband

The Bible gives specific roles for each member of the family unit. In my personal opinion, the husband is given the hardest role, the children are given a good role, but the wife is given the best role.

In regards to how the wife is to be in the marriage, the Bible says:

“Wives, submit yourselves unto your own husbands, as unto the Lord. For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body. Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing.” - Ephesians 5:22-24

If you've never heard or studied this teaching before, you may be feeling a bit of pride. Pride may be whispering in your ear 'why should I have to obey him? I make better decisions. I am the more Christian one. He should obey me.' Tell that pride to shush.

The husband's job it to take care of his wife, and to love her as much as Christ loved the church.

Surely we wives can push away our pride, and submit to our husbands. They are not perfect, but neither are we. Every single day, we should thank God for our husbands, and pray for our husbands.

We should never nag them. We should support them, and stand by them. A wife can make or break her husband.

A "contentious woman," as the Bible calls her, is one who nags, pushes, does not submit, and is miserable to be around. Yet, many women do this. The Bible teaches that manipulation is witchcraft, and many women are practicing witchcraft on their own husbands.

Do you nag and push your husband? Do you withhold sex to get what you want (this is specifically against 1 Corinthians chapter 7)? These are manipulation tactics, and what the Bible calls a form of witchcraft. Are you and your pride practicing witchcraft on your husband?

Many women will say, "Well, if my husband deserved for me to submit to him, I would. He's a horrible husband, and doesn't deserve it." Did you deserve the gift God gave you? Jesus died a torturous death in YOUR place. Did you deserve such an honor? If you're honest, then your answer will be a resounding "NO!"

The Bible tells us to be like Christ, hence, being CHRISTians. Part of being a Christian is treating others wonderfully, even (and especially) when they don't deserve it.

Think upon this... The more your husband "doesn't deserve" to be submitted to and supported, the more you need to do it. There is an underlying principle here: Treat him like he is the perfect husband, and he'll start becoming one. This process will take a while. Your husband will have to learn that this isn't just another manipulation tactic, but is sincere.

Are you ready for a "marriage made in heaven?" Then start living as if you already have it. Love on that husband of yours. He is the second priority on your list, with God being the top.

Priority Number Three:
Children

The Bible tells children that they are to honor and obey their parents in all things. Meanwhile, it tells us parents:

“Train up a child in the way he should go: and when he is old, he will not depart from it.” -Proverbs 22:6

“Chasten thy son while there is hope, and let not thy soul spare for his crying.” Proverbs 19:18

“The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame.” Proverbs 29:15

The above scriptures, among many others in the Bible, tell us that we are to train our children, even when it hurts us to do so. In order to train our children, we have to be with them – not leave them to themselves.

Don't let your children run wild. Keep your children with you, and spend your days with them. They can clean the house with you (remember, housework is fun). They can help you cook meals.

You can color with them, homeschool them, and sing to them.

Here is another fun exercise for you to write out on paper... Write out your usual daily routine for each day. Now, write next to your usual tasks what your children could be doing at that time.

Couldn't you have one or two children helping you, while the others are near you, working on schoolwork, coloring a picture for grandma, or working on a project?

When you keep your children with you, you are able to train them. You can't train them if they are running wild all over the neighborhood, or playing in the living room while you're in your bedroom talking on the phone or surfing the net.

Priority Number Four: "Food and Home Duties"

Are you cooking three delicious and nutritious meals for your family each day? Is your house

clean, welcoming, and organized? If not, get this in order, for it really is important.

We know the obvious reasons why eating healthy is important, but also there is some unspoken, special thing about sharing a lovingly home cooked meal around the table with your family.

What about a clean and welcoming home?

Research has shown that when one is in a clean, happy, organized environment, they feel less stressed, more relaxed, and lead a more fulfilling (fun!) life. One's visual environment excites one's ambitions and soul.

Priority Number Five: "Godly Hobbies"

There is nothing wrong with your pursuing your own hobbies. However, it does depend on what your hobby is. If your hobby takes you out of the home, or consumes a lot of your time, then it'd be best to pursue a better hobby.

As Christians, wives, and mothers, we should not pursue our hobbies until our other four priorities have been met for the day.

Set aside a certain time frame each day or two for your hobby. If this is a hobby that your children can participate in as well, then include them.

Otherwise, save your hobby time for when they are each working on a project, napping, or sleeping for the night.

Some husbands like to have time with their children, and like to give their wife a "break." If you have such a husband, then use that time to pursue your hobby.

Good hobbies are things such as:

- Writing
- Reading
- Sewing
- Gardening
- Knitting and other crafts

Of course, the above is just a short list, but you get the idea.

Now you have your Top 5 Priority List, and you know how to use it. 😊

Chapter Three: Mom's Duties



"She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her." -Proverbs 31:27-28

"To be sober, to love their husbands, to love their children, To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed." Titus 2:4b-5

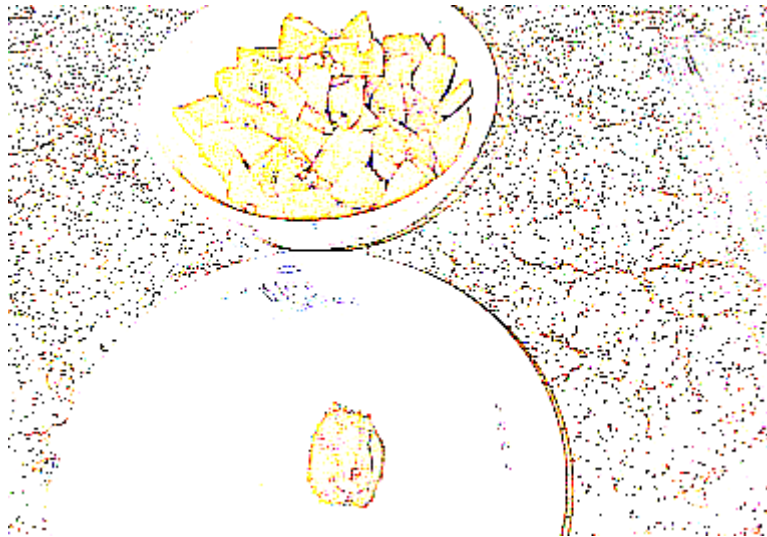
In the previous pages of this book, we looked into the Bible, and learned how we are to submit to our husbands. We also read some scriptures telling us how we are to train our children.

The following chapters will delve into some specifics of some more of the duties of a wife and mother. The following chapters will discuss:

- Cooking and Baking
- Cleaning
- Organization

Are you ready to proceed? Turn that e-page. 😊

Chapter Four: Cooking and Baking



This chapter is going to teach you how to cook and bake healthy breads and meals. And here is the best part: This chapter is going to show you how to do this, while lowering your grocery bill.

You will be making some things by scratch. Maybe you already do, and this chapter will just be a fun review for you.

On the other hand, maybe you don't have much cooking and baking experience, and when you hear "made from scratch," you picture the wife slaving away in the kitchen for hours on end, and creating a huge mess in the process.

Rest assured, what you are going to learn from this chapter will not be very time-consuming, nor will it make a huge mess, or be hard to do.

After reading this chapter, you may even decide that going from scratch is not only cheaper, but also more fun, and sometimes easier than just buying pre-prepared foods from the supermarket.

Bread

Do you buy bread from the store? How many loaves do you buy per week? Do you buy "healthy" bread?

Do you, or have you ever made homemade bread?

If you buy bread from the store, I implore you to consider making bread instead. I'm not saying this just because of the money savings and the health benefits, but also for the psychological benefits.

When you are making bread, you may find yourself empowered, and excited. Also, the smell of baking bread, and the sight and smell of bread cooling on the counter can change the whole atmosphere of your home. Smell affects our moods. The smell of fresh baked bread can really alter the way a person is feeling.

I just love the smell of fresh baked bread. Whenever someone walks into my home, they just seem to relax, and smile. Yes indeed, there is something to it.

Furthermore, baking bread is not hard. In fact, it's fun! 😊

When I first tried a bread recipe, I was so afraid I was going to mess it up. I didn't. It turned out great, and I've been a bread baker ever since.

A Few Bread Recipes

If you have a bread machine, you may enjoy the following recipe:

INGREDIENTS:

- 1 2/3 cups of warm water
- 2 Tablespoons soft butter
- 1/3 cup pure brown sugar
- 2 teaspoons pink sea salt
- 4 2/3 cups whole wheat flour
- 3 teaspoons active dry yeast

This recipe makes a 2 pound loaf. After the bread is done, you can cut the big loaf in half, and have two small 1 pound loaves of bread.

HOW TO DO IT:

Put the ingredients into your bread maker's pan. Make sure its kneading blade is already in place.

The ingredients should go in, in the order they are given in the above ingredient list.

When you get to the point of adding the yeast, first make an indentation in the flour mound with your index finger. Put the yeast into that indentation you made.

After all ingredients are in, close the lid, turn on the bread maker, and set it to the wheat bread setting, light crust, 2 pound loaf, and tell it to start.

In about 3-4 hours your bread will be ready. Shake it out of the pan, and let it sit on a wire rack or cutting board on the counter to cool. After it has cooled, you can slice it, and keep the slices in large Ziploc Baggies.

Making Bread by Hand

INGREDIENTS

3 to 7 cups of whole wheat flour (stone ground, if you can get it)

1 cup of rye flour

1/8 cup of flax seed

2 slightly beaten eggs

1/3 cup of honey

1/4 cup of soft butter

3 teaspoons pink sea salt

4 1/2 teaspoons of active dry yeast

2 1/4 cups of warm water

HOW TO MAKE IT

1.- In a very large bowl, use a wooden spoon, or an electric mixer, to mix the honey, butter, salt, flax seed, eggs, and yeast.

2.-Add the warm water, and mix some more.

3.- Start mixing in the rye flour and wheat flour, one cup at a time. Once the mixture turns into dough, and is not sticky, do not add anymore flour. If you are not using an electric mixer, you may find that you'll eventually need to put down the wooden spoon, and mix with your hands.

4.- Sit down, with the bowl on your lap, and knead the bread in the bowl (this is why the bowl needs to be very large). Knead the dough for about 10 to 15 minutes.

5.- Remove the dough to the counter or a table, then grease the bowl with butter.

6.- Put the dough back into the bowl, and turn the dough to grease all of its sides. Cover the bowl with

a towel, and set it in a dark place to let the dough rise. Let it sit for 1 hour.

7.- Grease the bottoms and sides of two medium loaf pans.

8.- Go to the bread dough, and gently punch it down a bit in the center with a closed fist.

9.- Divide the dough into two equal portions. Cut it in half with a sharp knife. Don't tear it, cut it. Shape the dough, and place each dough portion into the two loaf pans.

10.- Brush the tops of the dough loaves with butter, then cover loosely with plastic wrap. Let the dough rise again for 45-50 minutes.

11.- Cover the loaves over with aluminum foil, then put them onto the lower tray in a 375 degree oven. Bake for 45 minutes, then remove the loaves, and remove the aluminum foil. Flick your fingernail against the tops of the loaves. It should sound hollow. If not, bake the loaves for another 5

minutes, and then recheck. Once it sounds somewhat hollow, you'll know the bread is done.

12.- Once the bread is done baking, remove the loaves from the pans, and let the loaves cool before you slice them.

Yeast Can Be Expensive

Most of the ingredients you need to make are quite cheap to get, and in the long run, you'll be eating loaves of bread for just pennies, instead of dollars. However, buying yeast for your breads can be a bit pricey.

It can cost 3 to 10 dollars just to buy some yeast. For those who'd like to pinch those pennies even more, try sourdough...

With a good sourdough starter, you'll never need to buy yeast again. 😊

Sourdough Starter and Bread

Sourdough is great. You don't have to spend the big bucks buying yeast, because your starter will take care of that for you. Therefore you're also saving money by making your own bread, and growing your own yeast. You can also use your starter to make biscuits, pancakes, and many other recipes. Just do a search on <http://www.Google.com>, and you'll find a gold mine of sourdough baking recipes.

Below is my recipe for a sourdough starter, how to "proof the sponge," and how to make a loaf of homemade sourdough bread. I love my sourdough starter. It has become the family "pet."

SOURDOUGH STARTER

DAY ONE: In a clean plastic or glass container, mix one cup of whole wheat flour, and one cup of water. Loosely cover the container with a paper towel. Do not seal the container closed, because the batter needs air. Do not put it in the fridge. Leave it sitting out on a counter or table.

DAY TWO: Stir the starter. Never stir it in a metal bowl, and never stir it with a metal utensil. You can leave the pre-starter batter in its container, and mix it with a plastic or wooden mixing spoon. After mixing, loosely cover the container again.

DAY THREE: Take out half of the pre-starter and throw it away. Add to the rest of the starter: a half cup of whole wheat flour, and a half cup of water. Mix thoroughly.

DAY FOUR AND BEYOND: It can take a few days to a few weeks for your batter to turn into official, authentic sourdough starter. Continue to feed your pre-starter every other day, as per the instructions in "Day Two." On the days you are not feeding the pre-starter, just mix it.

If you get a clearish or brownish liquid on top of your starter, just mix it in. That is a sign of a natural chemical reaction, and is harmless. The liquid is called "hooch."

You'll know your pre-starter is "starting," when it smells sour and beery. Keep doing the above steps,

until it becomes bubbly. If it remains bubbly after you've fed and stirred it (the bubbles may be very small), then your starter is officially started.

Once your starter has been started, cover the container, and poke a hole in the lid. Keep the container in the fridge, and feed your sourdough (as per the instructions in "Day Three") once per week.

BEFORE YOU MAKE THE BREAD - PROOFING THE SPONGE

When you are ready to make a loaf of sourdough bread, you first need to "proof the sponge." I find it best to do this in the late evening, and let it proof overnight, while I sleep. That way, the starter is ready for bread-making the next morning.

To "proof the sponge" (get your starter ready), do the following:

- 1.- Take your starter out of the fridge, and pour it into a different glass or plastic container.

Meanwhile, give the container your sourdough was living in, a good washing.

2.- Add one cup of water, and one cup of whole wheat flour to your starter, and mix well. Loosely cover (don't seal) the container, and leave the container sitting out (not in the fridge) for several hours, for it to do the fermenting process. This is called "proofing the sponge."

3.- Several hours later, your starter will be ready for you to make a loaf of sourdough bread.

HOW TO MAKE A LOAF OF SOURDOUGH BREAD

1.- Grab the starter that you left sitting out over night to proof. Take out two cups worth (use a plastic or wooden mixing spoon, and non-metal measuring cups) and put the two cups of starter into a large plastic or glass mixing bowl.

2.- Mix in one cup of water and one cup of whole wheat flour to the rest of the starter, and put it back into it's usual container, and back into the fridge.

3.- Add the following to the starter that is in the mixing bowl: 4 teaspoons of pure brown sugar, 2 teaspoons of pink sea salt, and 2 tablespoons of softened (not melted or heated) real butter. Mix well.

4.- At this point, you can use an electric mixer, or the dough cycle of a bread machine, or continue mixing by spoon and hand... Add the whole wheat flour to the batter, one half cup at a time. Bread doughs vary, so you may not use all of the flour. I usually have a half cup left over, that I can put back away for future use.

5.- Once the mixture is a dough that you can knead without getting all sticky, then you've added enough flour. If your starter was very wet and humid, then you may need to add a little bit more flour than this recipe calls for. This is fine.

6.- Knead the dough for about 10 minutes, then loosely cover the bowl with a towel, and set the bowl in a dark area to let it rise for about an hour. Some sourdoughs will rise within a half hour, others can

take a couple hours. You'll know your dough has risen, when it is about double the size.

7.- Punch down, and knead the dough again, for about 5 minutes.

8.- Shape the dough into a loaf then put it onto a cookie sheet, or into a loaf pan. Cover the dough, and let it rise again for about an hour. It should again get about double in bulk.

9.- Put the pan with the dough into the oven (do not preheat). Turn the oven to 350 degrees. It will start cooking the bread as it is heating up. Let the bread bake for about 40-45 minutes. You'll know when it is done, because of its color, and when you thump it with your finger, it should sound somewhat hollow.

IF YOUR DOUGH NEVER ROSE

Whole wheat starter can sometimes be tricky. You'll know it's official starter, when it smells sour and beery, and has some small bubbles. However, if the yeast in it isn't very active, it may not raise your bread dough. If you have this problem, then take

your starter out of the fridge, and mix in 2 teaspoons of dry yeast, and a cup of whole wheat flour and a cup of water. Loosely cover your starter, and leave it out of the fridge for a day or two.

After a day or two, try again to make a loaf of sourdough bread.

Sometimes it can take a few tries to get a good starter going. With Practice, Patience, and Persistence, it will happen. If worse comes to worse, then just go onto a message board, such as the one at <http://www.momys.com>, and ask if anyone would like to mail you some of their sourdough starter. You'll likely get quite a few responses from wonderful ladies who would love to share their starter. In fact, some people's starter is hundreds of years old, having been passed down through their family, generation to generation.

IF YOU'D LIKE TO MAKE MORE THAN ONE LOAF AT A TIME

If you'd like to make two or more loaves at a time with your starter, then you just need to have more

starter. Fortunately, this is easy to do... The next time you feed your sourdough, don't throw any out, just add to it. Do this each time you feed it, until you have enough starter.

If you bake bread and make other sourdough products regularly, then you'll rarely (if ever) need to throw any starter away, as you'll be proofing the sponge instead.

How to Make Sourdough Bread in a Bread Machine

This recipe will only work if your sour dough starter is very lively. Before trying this recipe, be sure to try the one before this one, on making sourdough bread by hand. If your sourdough bread came out well risen and fluffy, then you can try this recipe for the bread machine.

Put in all of the ingredients from the previous recipe, into your bread machine's pan, except for the flour.

Use your bread machine's dough cycle, and tell it to start mixing. While it is mixing, add the flour,

$\frac{1}{4}$ cup at a time. Keep adding flour until the mixture resembles dough. It shouldn't look too dry, or too wet.

Then, let the dough cycle finish running.

After the dough cycle is finished, put the bread machine on the wheat bread setting- 2 pound loaf, light crust, and tell it to start.

The bread will be done in about 3 to 4 hours, and you can see if it turned out.

Baking Mix

Part of being able to cook and bake from scratch, without it taking up a lot of time, and making a mess, is to have some of the prep work already done. This section is going to teach you about baking mix.

Bisquick and Jiffy are a few brand names of pre-made baking mixes that the stores sell. These baking mixes can be used to make quick breads,

rolls, biscuits, pizza crusts, cakes, breads for casseroles, breading for chicken and fish, etc.

There are two main problems with commercially prepared baking mixes, however. They are:

1. Expense. It is much cheaper to make your own baking mix.
2. Health. White flours and refined sugars are not good for you. In fact, it has been shown that having a lot of white flours and refined sugars in your diet can significantly reduce your life span.

I have searched for months, looking for a recipe for a whole wheat baking mix. I just wasn't able to find one. All of the recipes required at least some white flour, shortening, table salt, and white sugar. I didn't want any of those things in my baking mix.

You see, my baking mix is a main staple in my kitchen. Later in this book I'll give you some of the recipes I cook, and you'll see why I deem a good baking mix so important.

Anyhow, my search for the type of recipe I wanted could not be found. So, I donned my "thinking cap," thought 'brave thoughts,' and experimented in my kitchen until I came up with a healthy baking mix that was also delicious and low maintenance. After much research, I've come up with it! 😊

I am now going to share my personal recipe for it with you...

Healthy Yummy Baking Mix

INGREDIENTS:

4 cups whole wheat flour
1/8 cup aluminum-free baking powder
1 teaspoon pink sea salt
3/4 cup non-fat powdered milk
3/4 cup soft butter

HOW TO MAKE IT

1. In a large plastic or glass mixing bowl, use a wooden or plastic mixing spoon to mix together

the flour, baking powder, salt, and powdered milk.

2. Using a fork and butter knife, slowly add the butter, little piece by little piece. Put those little chunks of soft butter sprinkled all over the top of the mixture.
3. Gently mix in the butter. The butter should stay clumpy, and the mixture should have small lumps throughout it.
4. Store the mixture in a sealed plastic or glass container or canister. Don't let metal touch it.
5. This mixture does not need to be refrigerated. It can be kept in the cupboard with your other baking goods.

Making Cream Soups

Another staple of cooking convenience is cream soups, such as cream of mushroom, cream of chicken, cream of celery, etc.

However, buying cans of these products can get pretty expensive, and if you've ever read the ingredients, these soups are not good for you; not even the "healthy" ones.

Below I am going to give you a recipe of how to make a basic cream soup. Then, if you want Cream of Chicken, just add some small pieces of cooked chicken to it. If you want Cream of Celery, just add some bits of cooked celery, etc.

How to Make a Basic Cream Soup

INGREDIENTS

4 cups of milk (reconstituted from powdered milk is fine)

2 tablespoons of cornstarch

2 tablespoons soft butter

2 tablespoons pure brown sugar

1/2 teaspoon pink sea salt

1/2 teaspoon ground black pepper

HOW TO MAKE IT

In a 3 quart sauce pan, melt the butter, then stir in the flour, so that it forms a paste.

Stir in the milk, and keep stirring until the sauce thickens.

Once it has thickened, stir in the sugar, salt, and pepper.

Next, add, the bits of cooked chicken, celery, or whatever you want, and let the soup simmer for 20 minutes, then you're done.

You can store this soup in the fridge or freezer, until you need it for cooking, or you can use it right away.

In the recipes coming up in this chapter, you'll see how having the cream soup and baking mix pre-made, you'll be able to whip up delicious and nutritious meals from scratch in very little time, with very little mess or dishes.

Crock Pot Magic

You have your homemade bread, your baking mix, and your cream soup. The next big tool is your crock pot. If you don't have one, they are not very expensive. I got a large family sized one from Wal-

Mart for about \$30 dollars, and it has paid for itself over and over again.

You know when you buy chicken from the store, that it is usually cheaper when you buy a whole bunch, in bulk? Now you can do it, without having the hassle of having to separate that frozen, raw chicken into various freezer bags.

Take that large chicken, or budget family pack you bought, and put it into your crock pot, and add some water. Let that chicken cook all day (for about 8 hours) on the low setting.

This will make your chicken moist, and it will literally fall off of the bone. After the chicken is cooked, remove it from the crock pot and water, and let it cool for about a half hour.

Next, use a fork, and remove the skin and bones. You'll find this to be very easy, and the skin and bones will just fall out and off.

Then, chop the chicken into chunks, then store it in the fridge, or freezer, depending on when you plan to use it.

More Food Preparations

Now you have pre-cooked chicken, cream soup, homemade bread, and baking mix. Another thing you can do to prepare for some great cooking is to prep your fresh fruits and vegetables.

This is very easy, you're just taking the fruits and vegetables out of their packaging, and washing (and pre-chopping some) and putting them into Ziploc Baggies, then into the fridge or freezer.

One last thing...

You can save quite a few pretty pennies by cooking with reconstituted powdered milk.

Once you have done all of the above prep work, your kitchen is ready for some amazing cooking. 😊

Below are some recipes...

NOTE: When a recipe calls for a cream of soup, use your homemade soup. When a recipe calls for baking mix, use your homemade baking mix.

Taco Pie

INGREDIENTS

1 pound lean ground beef
1/2 cup chopped onion
1/2 envelope of taco seasoning
1 4 ounce can of drained, green chilies
1/2 cup baking mix
1 cup of milk (reconstituted powdered milk is fine)
2 eggs
3/4 cup shredded mild cheddar cheese

HOW TO MAKE IT

1. Preheat the oven to 400 degrees, and grease a 9 inch pie pan.
2. Cook and drain the beef, then mix in the onions and taco seasoning.

3. Pour the beef mixture into the pie pan, and top with the green chilies.
4. Bake uncovered for 25 minutes, then remove from the oven, sprinkle the cheese on top, and bake for 5 more minutes.

Tuna Casserole

INGREDIENTS

2 6 ounce cans of drained and flaked tuna fish
2 $\frac{1}{2}$ cups of cream of mushroom soup
1 $\frac{1}{2}$ cup of frozen mixed vegetables
 $\frac{1}{4}$ cup milk (reconstituted from powdered is fine)
2 cups baking mix
Another 1 $\frac{1}{2}$ cups milk (reconstituted okay)

HOW TO DO IT

1. Preheat the oven to 450 degrees.
2. Mix the tuna, soup, vegetables, and $\frac{3}{4}$ cup of milk, then pour the mixture into an ungreased 13x9x2 inch baking pan.

3. Mix together the baking mix and 1 $\frac{1}{2}$ cups of milk, then pour this mixture on top of the vegetable and tuna mixture in the baking pan.
4. Bake uncovered for a half hour.

Cheeseburger Casserole

INGREDIENTS

- 1 pound lean ground beef
- 2 tablespoons butter
- 2 tablespoons corn starch
- $\frac{1}{4}$ teaspoon pink sea salt
- $\frac{1}{8}$ teaspoon ground pepper
- 1 cup of milk (reconstituted from powdered is fine)
- $\frac{3}{4}$ cup shredded mild cheddar cheese
- $\frac{1}{4}$ teaspoon yellow mustard
- $\frac{1}{4}$ teaspoon Tabasco
- $\frac{3}{4}$ cup chopped onion
- 1 $\frac{1}{2}$ cups frozen mixed vegetables
- $\frac{1}{4}$ cup milk (reconstituted okay)
- 2 cups baking mix
- 1 cup of water
- 1 cup shredded mild cheddar cheese

HOW TO MAKE IT

1. Preheat the oven to 400 degrees, and grease a 13x9x2 inch baking pan.
2. Cook the beef.
3. Mix together the baking mix and water, until it turns into a sticky paste. Pour and scrape the paste into the baking pan, and spread it around so that it covers the whole bottom of the pan.
4. Mix together the cooked beef, onions, vegetables, $\frac{1}{4}$ cup milk, and then set to the side.
5. Meanwhile, in a skillet, melt the butter, and then add the cornstarch. Mix this into a paste.
6. Pour in the 1 cup of milk, and mix well. Bring it to a boil, and then mix it vigorously while it boils, for two minutes.
7. Turn off the heat, and immediately stir in the mustard, Tabasco, pepper, and the $\frac{3}{4}$ cup shredded cheese. Mix well. You just made homemade cheese sauce.
8. Pour the cheese sauce over your beef mixture. Mix well, and then pour the beef and cheese mixture into the baking pan.

9. Sprinkle the $\frac{1}{2}$ cup of shredded cheese on top, then bake uncovered for 30 minutes.

Chicken and Dumplings

INGREDIENTS

- 1 $\frac{1}{2}$ cups milk (reconstituted from powdered is fine)
- 1 $\frac{1}{2}$ cups frozen mixed veggies
- 1 $\frac{1}{2}$ cups chopped (in small pieces) cooked chicken
- 2 $\frac{1}{2}$ cups cream soup
- 1 cup baking mix
- $\frac{3}{4}$ cup milk (reconstituted fine)

HOW TO MAKE IT

1. Mix the baking mix and $\frac{1}{3}$ cup of milk, until it forms a sticky dough. Set to the side.
2. In a large cooking pot, heat 1 $\frac{1}{2}$ cups milk, vegetables, chicken, and soup, until boiling.
3. Lower the boiling mixture to a simmer, then put the sticky dough on top of the semi-boiling mixture. Put it on top in 6-8 spoonfuls, in various areas of the semi-bubbling surface.

4. Simmer uncovered for 10 minutes. Then simmer covered for another 10 minutes.

Sloppy Joe Casserole

INGREDIENTS

- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1 can tomato soup (or pureed tomatoes)
- 1 tablespoon of yellow mustard
- 1/8 teaspoon of ground black pepper
- 2 cups baking mix
- 1/2 cup milk (reconstituted from powdered is fine)
- 2 tablespoons softened butter
- 1 egg
- 1/2 cup shredded mild cheddar cheese

HOW TO MAKE IT

1. Preheat oven to 375 degrees, and grease a 9 inch pie pan.
2. Cook and drain the beef, then mix in the soup (or pureed tomatoes), onions, mustard, and pepper, and set to the side.

3. In a mixing bowl, combine the baking mix, butter, and the egg, until a soft dough forms.
4. Spoon the dough into the bottom of the pie pan, and spread it so that it covers the bottom, and slightly comes up the sides.
5. Spoon the beef mixture on top of the dough.
6. Bake uncovered for 25 minutes, then remove it from the oven, sprinkle the cheese on top, and bake for an additional 5 minutes.

Garden Vegetable Casserole

INGREDIENTS

- 1 cup chopped zucchini
- 1 large tomato, chopped
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{3}$ cup grated parmesan cheese
- $\frac{1}{2}$ cup baking mix
- 1 cup milk (reconstituted from powdered is fine)
- 2 eggs
- $\frac{1}{2}$ teaspoon pink sea salt
- $\frac{1}{4}$ teaspoon ground black pepper

HOW TO MAKE IT

1. Preheat oven to 400 degrees, and grease a square 8x8x2 inch baking pan.
2. Sprinkle the zucchini, tomatoes, and onions into the bottom of the pan. And top with the parmesan cheese.
3. In a mixing bowl, mix together the baking mix, milk, eggs, salt, and pepper. Pour the liquid mixture on top of the vegetables.
4. Bake uncovered for 35 minutes.

Sides

Now that you have these healthy dinners, you may be wondering what to serve up for side dishes. I suggest you do a lot of fresh chopped salads, and sometimes some mashed sweet potatoes with brown sugar.

Try to have fresh fruit with the breakfasts, fresh veggies with the lunches, and more fresh veggies with the dinners.

Chapter Five: Cleaning



I've delved into cleaning a lot in my other book The Home Management Binder: The Housewife's Best Friend. If you don't have that book, I suggest you get it, as it is a great companion to this book. The ebook sells on my website at <http://myblessedhome.blogspot.com> for only \$7.95.

Meanwhile, let me let you in on a little secret: Cleaning is Fun and Easy.

Cleaning is Fun and Easy!

It's only horrid and hard when we are not doing it right. Most people get burned out by cleaning, because they try to get it all done in one day. Then, there's Spring Cleaning, which can be a tiring week or month for you. Eeek.

Instead, what if you did a bit of your usual cleaning each day, and a bit of your Spring Cleaning each day?

Here is what I propose...

Get out that paper and pen again, time for another exercise. 😊

Write out a list of the usual cleaning chores that you need done for your house. For example:

- Wash inside and outside of all appliances
- Dusting
- Wiping down counters and tables
- Cleaning mirrors, TV screens, computer screens, and other glass.
- Cleaning toilets, sinks, showers and tubs
- Sweeping and mopping all hard floors
- vacuuming all rugs and carpets

Now divide a piece of paper into five sections. Mark the first section as "Monday," the second as "Tuesday," etc. Keep doing this, until each of the five sections is labeled for one week day. (Take the weekends off. They aren't for cleaning, but for family and God.)

Look over the cleaning list just made, and divide up your tasks into each day. For example:

Monday - Clean all appliances

Tuesday - Dust, clean all mirrors and screens, and wipe down all counters and tables

Wednesday - Clean all sinks, baths, showers, and toilets

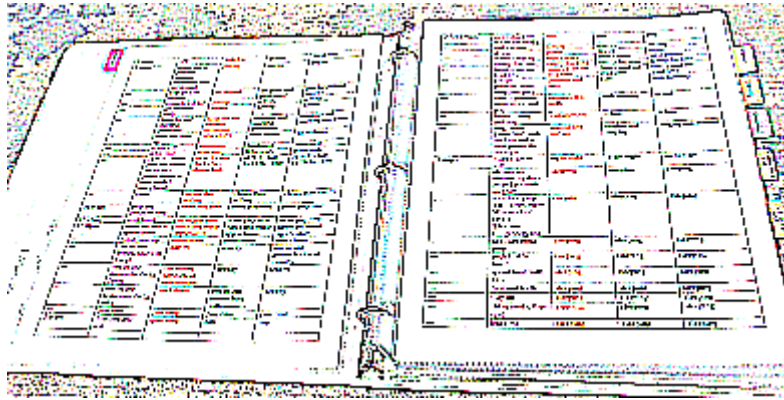
Thursday - Sweep and mop all hard floors

Friday - Vacuum all carpets and rugs

Get out another piece of paper, and make a list of the things you usually do for your annual Spring Cleaning. Keep this list with your daily cleaning task list. When you are done with your cleaning tasks for the day, then set a timer for 15 minutes, and work on one of your "Spring Cleaning" projects. When the timer goes off, you're done for the day.

If you didn't finish your "Spring Cleaning" project, don't worry. You'll get 15 more minutes tomorrow. 😊

Chapter Six: Organization



By this point in this book, you should now be armed with tools to help you have more time with God, be a wife as laid out in the Bible for your husband, properly train your children, bake bread, cook delicious and nutritious meals, and clean your house. Now you just need to get all of this organized.

If you have a Home Management Binder, then organize all of this into that notebook. However, if you don't have a Home Management Binder, and/or don't know what one is, don't worry about it. This just reminds me to remind you that you may want to purchase The Home Management Binder: The Housewife's Best Friend from my website at <http://myblessedhome.blogspot.com>

Meanwhile, one can also be organized without an official Home Management Binder...

You already have a cleaning schedule made up. Put that into a three ring binder, so that you don't lose it. Next, make up a menu plan. Decide what you'd like to feed your family for breakfast, lunch,

and dinner for the next week or two. Write out the menu, and put that into your binder as well.

After that, you just need to set up times when you are going to cook and clean each day. Consider things that your husband and children need to get done each day, then try to schedule in your cooking and cleaning around their schedules. The key is to have the day running smoothly.

If you're the scheduling type, then now is a good time to make out a timed schedule. If you do this, I suggest you schedule your children as well. Remember to have them participate in cooking and cleaning also. This is good for their character development, and teaches them the skills they'll eventually need to know, anyhow.

You have all of your tools in place, and now you have some cooking and cleaning routines written down.

In the front of your binder, write in the Top 5 Priorities to remind you of your complete duty as wife and mother. And... You're Done! 😊